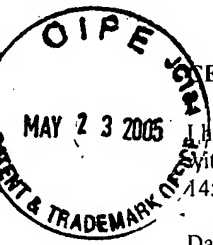


IFW



**CERTIFICATE OF MAILING BY FIRST-CLASS MAIL**

I hereby certify that the below-identified Response to Restriction Requirement is being deposited as First Class Mail on this date with the United States Postal Service in an envelope addressed to Mail Stop Amendment, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450:

Date: 5/18/05

By Kim L. Brown  
Signature of Person Depositing as U.S. First Class Mail

-- PATENT --

**IN THE UNITED STATES PATENT  
AND TRADEMARK OFFICE**

Applicants:	Paul LaStayo, et al.	Docket No.:	12218.2217
Serial No.:	10/650,455	Examiner:	Glenn E. Richman
Filing Date:	August 27, 2003	Art Unit:	3764
Title:	METHOD AND APPARATUS FOR SPEED CONTROLLED ECCENTRIC EXERCISE TRAINING		

**RESPONSE TO RESTRICTION REQUIREMENT**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Honorable Commissioner:

In response to the Office Action mailed April 18, 2005, please accept this Response to the restriction requirement entered pursuant to 35 U.S.C. § 121 for the above-identified application.

**REMARKS**

In the April 18, 2005 Office Action the Examiner entered a restriction requirement for the following inventions

- I: Claims 1-24, 33-58 drawn to an apparatus for speed controlled exercise, classified in class 482, subclass 8.

II: Claims 25-32, drawn to a method for a controlled exercise, classified in class 434, subclass 247.


In response to the Examiner's restriction requirement, Applicants elect the invention of Invention I, claims 1-24, and 33-58, without traverse, for further examination.

Applicants have timely filed this response which is due May 18, 2005. If any extension of time is required, please consider this a petition therefor and charge any additional fees which may be required to Deposit Account No. 19-2814. A duplicate copy of this sheet is enclosed.

Should the Examiner wish to discuss any of the foregoing in greater detail, the Examiner is invited to telephone the undersigned at the Examiner's convenience.

Dated: 5/18/05

Respectfully submitted,

By   
Laura J. Zeman  
Reg. No. 36,078

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